

# Doctor Discussion Guide

Here are some things you should tell your doctor, some questions to ask your doctor, and some facts about GLUMETZA® (metformin HCl extended release tablets).

Print out this page and bring it to your next appointment. If you have questions of your own, write them in the notes section on page 2. Be sure to write down the answers and any notes you take at the appointment so you can refer to them in the future.

## TELL YOUR DOCTOR

- All of your medical conditions
- All the medicines you take, including
  - Prescription and nonprescription medicines
  - Vitamins, and herbal supplements
- About your recent daily blood sugar readings (bring with you)
- All about your current diet, including if you drink alcohol
- All about your current exercise routine
- If you are pregnant, planning to become pregnant, or are breast feeding
- What diabetes treatments you have tried
  - How they worked
  - Any side effects you may have experienced
- If you have experienced stomach upset from metformin

## ASK YOUR DOCTOR

- What treatment he or she recommends to improve blood sugar control with few side effects?
- What is A1C?
- What is your target A1C?
- How often you should test your blood sugar?
- If GLUMETZA is right for you?
- What is the advanced technology of GLUMETZA?
- What lifestyle changes you can make to help manage your type 2 diabetes?

Please see pages 3 & 4 for Important Safety Information. As with all metformin products, GLUMETZA has a black box warning for lactic acidosis. Please see full Prescribing Information on [www.GLUMETZAxr.com](http://www.GLUMETZAxr.com).

## FACTS ABOUT GLUMETZA

- GLUMETZA is a prescription medication used with diet and exercise to help control high blood sugar in adults with type 2 diabetes.
- GLUMETZA contains metformin, and is made with a special technology that delivers metformin slowly and steadily over several hours. This delay in the release of medicine may result in fewer stomach-related side effects, such as nausea, in the first week of treatment.
- In clinical trials, the most common side effects with GLUMETZA monotherapy were diarrhea, nausea, dyspepsia, and upper abdominal pain. In a clinical trial of GLUMETZA combined with a sulfonylurea, the most common side effects included hypoglycemia, diarrhea, and nausea.

## HOW TO TAKE GLUMETZA

GLUMETZA should be taken:

- Take GLUMETZA exactly as your doctor tells you.
- Once a day in the evening with food.
- It should be taken whole—never crushed, split, or chewed.
- Tell your doctor if you cannot swallow tablets whole. Your doctor may prescribe a different medicine for you.
- If you miss a dose of GLUMETZA simply resume taking it according to schedule.

## LEARN MORE ABOUT GLUMETZA BY

- Visiting [www.GLUMETZAxr.com](http://www.GLUMETZAxr.com)
- Calling the GLUMETZA Support Center toll free at 1-888-778-0887

### INSTANT SAVINGS PROGRAM

Now, most patients with commercial insurance will pay only \$10 for each GLUMETZA<sup>®</sup> prescription. Restrictions apply. **Visit [www.GLUMETZAxr.com](http://www.GLUMETZAxr.com)** for more information.

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**Glumetza**<sup>®</sup>  
(metformin HCl extended release tablets)

## FDA INFORMATION

You are encouraged to report side effects of prescription drugs to the FDA. Visit [www.fda.gov/medwatch](http://www.fda.gov/medwatch), or call 1-800-FDA-1088

## INDICATION

GLUMETZA is a biguanide indicated as an adjunct to diet and exercise to improve glycemic control in adults with type 2 diabetes mellitus.

## IMPORTANT SAFETY INFORMATION

### Warning: Lactic Acidosis

Lactic acidosis is a rare, but serious, complication that can occur due to metformin accumulation. The risk increases with conditions such as sepsis, dehydration, excess alcohol intake, hepatic impairment, renal impairment and acute congestive heart failure.

The onset of lactic acidosis is often subtle, accompanied only by nonspecific symptoms such as malaise, myalgias, respiratory distress, increasing somnolence, and nonspecific abdominal distress.

Laboratory abnormalities include low pH, increased anion gap, and elevated blood lactate.

If acidosis is suspected, GLUMETZA (metformin hydrochloride, extended-release tablets), should be discontinued and the patient hospitalized immediately.

GLUMETZA is contraindicated in patients with:

- Renal impairment (e.g., serum creatinine levels  $\geq 1.5$  mg/dL for men,  $\geq 1.4$  mg/dL for women or abnormal creatinine clearance), which may also result from conditions such as cardiovascular collapse (shock), acute myocardial infarction, and septicemia (see WARNINGS and PRECAUTIONS (5) of the Full Prescribing Information).
- Known hypersensitivity to metformin hydrochloride.
- Acute or chronic metabolic acidosis, including diabetic ketoacidosis. Diabetic ketoacidosis should be treated with insulin.

Hypoglycemia does not occur in patients receiving metformin alone under usual circumstances of use, but could occur when caloric intake is deficient, when strenuous exercise is not compensated by caloric supplementation, or during concomitant use with other glucose-lowering agents (such as sulfonylureas and insulin) or ethanol. Elderly, debilitated, or malnourished patients, and those with adrenal or pituitary insufficiency or alcohol intoxication are particularly susceptible to hypoglycemic effects. Hypoglycemia may be difficult to recognize in the elderly, and in people who are taking beta-adrenergic blocking drugs.

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